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FM AMEMBASSY BRIDGETOWN  
TO RUEHSP/AMEMBASSY PORT OF SPAIN 9407  
INFO RUEHPH/CDC ATLANTA GA

UNCLAS BRIDGETOWN 000097

SIPDIS

INFO SECSTATE WASHDC

AIDAC

SIPDIS

1E. O. 12958: N/A

TAGS: ASEC OTRA BB EAID

SUBJECT: COUNTRY CLEARANCE GRANTED TO LISA FITZPATRICK  
TO TRAVEL TO BARBADOS

REF: PORT OF SPAIN 0057

11. Embassy Bridgetown grants country clearance to Lisa Fitzpatrick, CDC Global AIDS program to travel to Barbados on January 18-19, 2006 to participate in CHART/I-TECH nursing working group meeting.

12. Understand Embassy assistance is not required. If you have any questions, please contact Sean Hall at Tel.(246)228-8070 or Fax. (246) 228-8589.

13. Entry requirements: A valid U.S. passport is required to enter Barbados. No visa is required if your stay is under six months, including those travelers arriving with diplomatic or official passports. For further information, travelers may contact the Embassy of Barbados, 2144 Wyoming Avenue N.W., Washington, D.C. 20008, telephone 202) 939-9200.

14. Departure tax for Barbados is BDS25.00 or USD19.00

15. The following is general information pertaining to security and health considerations throughout the Eastern Caribbean:

#### Security

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In the Eastern Caribbean, foot travel outside of well-established tourist areas is not generally recommended, especially at night. Be vigilant when using public telephones or ATM machines near roadsides or quiet areas. As in many U.S. metropolitan areas, wearing expensive jewelry, carrying expensive objects, or carrying large amounts of cash should be avoided. Visitors should also safeguard valuables while at the beach. While hotels are generally safe, many visitors have experienced loss of unattended items. Hotel burglaries are not uncommon and all valuables should be locked in room safes if possible.

#### Health Information

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Throughout the Eastern Caribbean, the most likely threat to a visitor's health is sunburn. It takes several weeks to become accustomed to the heat and humidity. Prolonged exposure to the sun, without protection, causes sunburn and may ultimately result in sun-damaged skin or even skin cancer. Sunscreens should be used for protection. In Barbados, St. Lucia, and St. Vincent the major health threat is dengue fever, transmitted by mosquito. Dengue cases are most often seen in the summer months. Persons should therefore protect themselves with insect repellent.

There is also a growing number of HIV/AIDS cases reported. The Eastern Caribbean enjoys clean and safe drinking water. Only routine boosters for immunizations (i.e. tetanus, diphtheria, and oral polio vaccine) are required when traveling to this region. Barbados has the best medical facilities of all the islands in the region and most of the medical specialties have practitioners here.

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